Send Love with An Post

Write to Someone in a Nursing or Care Home

Now more than ever, it is important to show our family, friends, and our community how much we care.

Many people who are living in nursing or care homes across Ireland are not able to see or talk to their friends and family during this time. You can spread a little joy and Send Love by writing a kind letter to brighten their day.

As part of our Community Focus Initiative, An Post will help you to Send Love to others in your community by ensuring free delivery of all card and letter mail posted to and from residents of nursing and care homes.

Write FREEPOST on the top right of the letter, where a stamp would usually be placed. An Post will carry cards, letters, large envelopes and packets weighing up to 2KG without a postage stamp!

Where do I start?

1. Ask someone at home to help you choose a nursing or care home to write to.
2. Write down the name and address. You'll need this later.
3. Get some paper and a pen/pencil!

What should I include in my letter?

It may seem strange at first, to write to someone you have never met before. You want to:

- Let them know who you are and why you are writing.
- Tell them something about yourself: how old you are or what hobbies and interests you have.
- Ask them some questions. What would you like to know? It can be something simple, like what is your favourite thing to do for fun?
- Let them know that you'd love to hear back from them.
- You can even draw some pictures on your letter if you'd like!

an post

Dear Friend,

I hope you are keeping safe and well. My name is Ronan and I am nine years old. I'm writing to say hello and get to know you. I like to dance, play outside, and enjoy reading comic books. What are some of your hobbies?

I think this has been a very weird year. I really miss my friends but I have learned to try new things. I make my own board games now and it's really fun. I hope that you are finding ways to keep busy too. Thanks for reading and I hope you stay safe.

Sincerely,

Ronan Carroll

Greeting: For a personal letter like this, you can use 'Dear Friend' or 'Dear Resident'. **Don't forget a capital letter and a comma.**

Body: Remember to indent each paragraph.

Closing: You can use Sincerely, From, Best, or others.

Your Name

If you are sending a letter or card to a nursing or care home in Ireland, write **Freepost** here instead of adding a stamp!

Ronan Carroll,
135 Flower Hill,
Navan,
Co. Meath
A11 P111

Stamp

Residents,
Mulberry Nursing Home,
Slane Road,
Co. Meath
A22 P222

Return Address:
Your Name,
Street Address, House Number,
Town or City,
County,
Eircode

Delivery Address:
Person's Name,
Street Address, House Number,
Town or City,
County,
Eircode

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Here's a template for you to complete a draft of your letter and to practice writing the address. Then, use the next page to write your final version.

- [ ] I wrote using my best handwriting and used spaces.
- [ ] I used capital letters at the beginning of each sentence.
- [ ] I used a punctuation mark at the end of each sentence.
- [ ] I tried my best when spelling my words.
- [ ] I checked the address two times.
- [ ] I did my very best!

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